

Yellow Potato and Red Pepper Shrimp Saut

Prep time: 30 minutes

Makes: 4 Servings

This dish is reminiscent of shrimp scampi but is veggie-centric with its mix of potatoes, bell peppers, onions, and zucchini. The potatoes are partially cooked in the microwave before sautéing, for a meal that's on the table in 30 minutes.

Ingredients

- 3** medium yellow potatoes
- 2 tablespoons** olive oil
- 2** cloves garlic (minced)
- 1** small onion (chopped)
- 1** medium red bell pepper (coarsely chopped)
- 1/2 cup** white grape juice
- 1/2 cup** water
- 1 teaspoon** vinegar
- 12 ounces** frozen jumbo shrimp (peeled and deveined, no-sodium-added)
- 1** medium fresh zucchini (cut in small chunks)
- 1 teaspoon** Italian seasoning (no-sodium)
- 1/4 teaspoon** ground black pepper
- 1** lemon (divided)
- 1/4 cup** Parmesan cheese

Directions

1. Pierce the skin of each potato with a fork; microwave potatoes on high for 2 minutes. Turn potatoes over and microwave 2 more minutes. Remove from microwave and let cool slightly.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	10 g	15%
Protein	24 g	
Carbohydrates	38 g	13%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	240 mg	10%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 3/4 cups
Protein Foods	2 1/2 ounces
Dairy	1/4 cup

2. While potatoes are cooling, heat olive oil in large saucepan. Add garlic, onion, and bell pepper, and cook about 3-4 minutes.
3. Cube potatoes. Add juice, water, and vinegar to saucepan; bring to boil. Add shrimp, zucchini, potatoes, and seasoning. Return to boil, and simmer 5-8 minutes, until shrimp, potatoes, and zucchini are done. The flesh of the shrimp should be an opaque color.
4. Halve the lemon; squeeze juice from half the lemon into the saucepan.
5. Serve the Parmesan cheese and lemon wedges cut from the remaining lemon half.

Notes

Serving Suggestions: Serve with an 8 oz glass of fat-free (skim) milk, one slice whole-grain bread, and 1/2 peach, sliced.

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